

The background of the entire page is a close-up photograph of green grass, with blades of grass in sharp focus in the foreground and slightly blurred in the background, creating a sense of depth and texture.

East Longmeadow Recreation Department

SUMMER / FALL 2015

*East Longmeadow Recreation Department
328 North Main Street, East Longmeadow, MA 01028
Phone: 413-525-5437
www.eastlongmeadowma.gov*

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*All program descriptions, fees, dates, and times are subject to change.
Additional program offerings will be announced through the online
Recreation portal, social media, and/or local media.*

328 North Main Street, East Longmeadow, MA 01028

Phone: 413-525-5437 Fax: 413-526-9746

Hours: Monday - Friday 8am - 4pm

Website: elrec.recdesk.com

Email: recreation@eastlongmeadowma.gov

Colin Drury, Recreation Director
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RECREATION COMMISSION

Tom Kaye, *Chair*
Michael O'Neill, *2nd Vice Chair*
Faith Leahy
Charles Gray
Thomas Kennedy

Nancy Roberts, *1st Vice Chair*
Carolanne Elmendorf
Kevin McLoughlin
Dan Kelly

DIRECTOR'S MESSAGE

Hello East Longmeadow,

What a winter! The fields for spring are getting close and, by the time you receive this, my hope is that they will be filled with this year's spring participants. Summer is on the way and that means we will be opening our new pool for its second season. We have continued our equipment and uniform upgrades, coaching courses, and will be offering new program opportunities for families. We even will be checking off items from our field renovation checklist with our DPW. I'm excited about the next few months of Recreation, some sunny days, and continuing to serve East Longmeadow.

Cannon balls are right around the corner. The sophomore season of the Pine Knoll Pool will begin sooner than you think. We hope to open in early June for our members, facility rentals, and special events. The new pool is really a town jewel and once again I would like to thank our citizens for their support during the many phases of the Pine Knoll Pool Project. I hope that each of you will consider stopping up to take a tour; consider becoming a member of the pool or sign your kiddo up for our new swim lesson program.

Summer and Fall 2015 will bring new programming, opportunities, and events to our town. The programs you are used to are receiving overhauls. We have added youth and adult tennis opportunities, track and field, flag football, and more to our programs this year. Please make sure to take a good look on how we can serve your family this spring, summer, and fall.

I hope that all of you have seen the changes we have been making over the past three years. I would like to thank all of those who have supported Recreation and the goals I have set for our department. Each day we try to enhance recreation in this town and hope to some day be able to set a new set of goals for our future. Stay tuned for updates by connecting with us on Twitter, Facebook, and at eastlongmeadowma.gov!

See you on the fields this spring!

Colin R. Drury

Please check out pictures from some of our winter season champions on the back cover! If we missed you, please send pictures of your champion to recreation@eastlongmeadowma.gov!

ON THE HORIZON...

New Programs:

Swimming Lessons
Flag Football Summer Program
Summer Track and Field
U-10 Tennis

**Kix100.9 Country Bonfire
August 29 @ Center Field
Save the date!**

Guess who's coming to
our town?



01028 T-SHIRT

\$10—Support the
Friends of Recreation



Yes! We are a Play 60 Town!
This fall—Sign-up to be a Mini
Patriot! Grades 1&2

National
ALLIANCE
For Youth Sports

SUMMER SPORTS CLINICS



LITTLE LAXERS

June 7 to July 26 (no July 5th)

East Longmeadow High School

Ages 4 to 6 Sundays 12:00-1:15PM

Program fee: \$65 for 7 week session or \$10 per session

This lacrosse clinic will introduce children ages 4 to 6 to lacrosse. The program runs once per week on Sundays and will teach young players the basic skills needed to play the game. Players will receive "Fiddle Sticks" (lacrosse sticks designed for young players) and a team t-shirt.



SPARTANS BASKETBALL CLINIC

July 6 to July 10

East Longmeadow High School

Ages 8 to 14 9AM to 3:30PM

Program fee: \$175.00

The goal of the Spartan Basketball clinic is to provide a fun environment which will create an enjoyable learning experience for each participant. Individual improvement will be a focus through the use of drills, lectures, games, and contests. Participants will be taught how to improve as players and encouraged to continually do so even after the clinic is over.

CHALLENGER
SPORTS™

CHALLENGER™
BRITISH SOCCER

July 6 to July 10

East Longmeadow High School

FULL DAY: Ages 9 to 16

9AM to 4PM

Registration fee: \$175.00

HALF DAY: Ages 7 to 14

9AM to 12PM

Registration fee: \$125.00

MINI SOCCER: Ages 3 to 6

9AM to 10AM

Registration fee: \$85.00

<http://www.challengersports.com/britishsocceramps.aspx> for more details

Challenger Sports' British Soccer Camp is the most popular soccer camp in the country based upon one of the most innovative approaches to coaching youth soccer in the US and Canada. Our experienced staff study the game at all levels and we have identified the key techniques and skills that your players need to work on and master to reach their true potential. With programs for each age, the curriculum includes a variety of foot skills, technical drills, tactical practices, freestyle soccer, small-sided games, coached scrimmages, and a mini tournament play. Players also learn about our core values of respect, responsibility, integrity, sportsmanship and leadership.

JUMP START LACROSSE

July 27 to July 31

East Longmeadow High School

Grades 5th to 8th 9:00AM to 3:00PM

Program fee: \$150.00

This instructional clinic for new or experienced players interested in skill development in passing, positioning, blocking, offense, and defense. Helmets are available for rent through the Recreation Department. Players must bring all other protective gear, as well as a drink and a snack.

FLAG FOOTBALL & MULTI-SPORT

July 13 to July 17

East Longmeadow High School

Ages 7 to 12

HALF DAY Flag Football: 9AM to 12PM

HALF DAY Multi-Sport: 12PM to 3PM

FULL DAY (Flag Football AND Multi-Sport): 9AM to 3PM

Program fee:

HALF DAY: \$115.00

FULL DAY: \$139.00



Our Multi-Sport camp is designed to introduce young athletes to a variety of different sports in one setting. For this program we combine 2 -3 sports into one fun-filled week. Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages. By the end of the week, your child will walk away with knowledge of (2 or 3) new sports along with vital life lessons such as respect, teamwork, and self- discipline.

Skyhawks flag football is the perfect program for your young athletes who want a complete introduction to America's Game or for those who simply want to brush up on their skills in preparation for league play. Through our 'skill of the day' campers will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning - all presented in a fun & positive environment. The week ends with the Skyhawks Sports Bowl, giving participants a chance to showcase their skills on the gridiron!

EAST LONGMEADOW SUMMER SOCCER CLINIC

July 20 to July 24 & August 3 to August 7

East Longmeadow High School

Ages 6-14 9:00AM to 3:30PM

Program fee: \$175

The East Longmeadow Summer Soccer Clinic is offered for boys and girls ages 6 to 14. The program is designed to feature enjoyable, game-based activities that teach soccer basics and advanced skills. The curriculum that has been specifically designed for the clinic uses drills and small-sided games to develop individual skill. Players should come dressed in shorts, t-shirt, and either soccer shoes or sneakers. Water is provided, so bring a water bottle. The pool may be open in cases of extreme heat, so be sure to bring a swim suit.

TRACK & FIELD

August 3 to August 7

East Longmeadow High School

Ages 7 to 14

HALF DAY: 9AM to 12PM

Program fee: \$115.00



Skyhawks Track & Field was developed to introduce young athletes to this sport rich in tradition and history. These programs combine technical development and fundamental techniques with safety and a major focus on fun! Using special equipment, our exercises and drills will prepare athletes for a future in cross-country, track and field events, distance running, while inspiring a love for running and being active. The fundamentals of body positioning, stride, proper stretching, and cool-down techniques are all covered in this unique program. Participants will put it all together for one fun-filled day at the end of the week at the Skyhawks track meet!

PINE KNOLL RECREATION AREA

ACTIVITY CENTER

The Activity Center consists of programs designed for children who have recently completed grades K - 8th. Each age group will showcase a variety of programs such as games, sports, plays, music, arts & crafts, swimming, dancing, nature, and more!

9:00 AM - 3:00 PM

Sessions:

Session #1	June 22—June 26	Session #2	June 29—July 3
Session #3	July 6—July 10	Session #4	July 13—July 17
Session #5	July 20—July 24	Session #6	July 27—July 31
Session #7	Aug. 3—Aug. 7	Session #8	Aug. 10—Aug. 14

Looking for additional weeks? Extend the summer with our Mad Science programs (p. 8)!

Age Groups:

⇒ **Kindergarten, Grades 1st—8th**
(all groups based upon recently completed grade)

Extended Day Information:

MORNING—7:30AM-9:00AM

EVENING—3:00PM-5:00PM

The Extended Day program is available to those registered in the Activity Center. Pine Knoll staff prepares some planned activities during these hours, but the majority of time spent is supervised free time for children to explore their favorite activities. Children should bring their own food for afternoon snack. No single days.

Pine Knoll Information:

Address: 1974 Allen St., Springfield, MA Phone: 413-782-3445 (June-August)
Children should bring the following: Lunch, snacks, drinks (refrigeration is available), sun block, refillable water bottle, swim suit, and towel. A Snack Bar is available; we recommend children do not bring more than \$3.

PROGRAM FEE

RESIDENT

Individual session	= \$120
Two (2) week session*	= \$230

NON - RESIDENT

Individual session	= \$135
Two (2) week session*	= \$260

EXTENDED DAY

Morning = \$25 / week Afternoon/Evening = \$30 / week

**two week sessions must be attended in consecutive weeks*

FOR MORE INFORMATION ON PINE KNOLL, CHECK OUT OUR ONLINE PORTAL: <https://elrec.recdesk.com/>

ADVENTURE KIDS

AGES 4 - 6

Adventure Kids is a program specifically designed for children ages 4 to 6. Those who participate in the Adventure Kids program will be introduced to similar programs and activities found in the Activity Center, but modified to fit their needs and interests. It is available as a full day (9AM - 3PM) or half day (9AM - 11:30AM) program.

Session dates are as follows:

Session #1	June 22—June 26	Session #2	June 29—July 3
Session #3	July 6—July 10	Session #4	July 13—July 17
Session #5	July 20—July 24	Session #6	July 27—July 31
Session #7	Aug. 3—Aug. 7	Session #8	Aug. 10—Aug. 14

RESIDENT

Half Day session	= \$75
Individual session	= \$120
Two (2) week session*	= \$230

NON-RESIDENT

Half Day session	= \$90
Individual session	= \$135
Two (2) week session*	= \$260

EXTENDED DAY

Morning = \$25 / week Afternoon/Evening = \$30 / week

(CIT) JUNIOR COUNSELOR PROGRAM

The Junior Counselor Program (Counselor in Training) is a leadership development program designed to provide hands-on learning and educational information. Topics taught will include first aid procedures, effective discipline techniques, enhancing individual leadership styles and planning activities. The Junior Counselors assist the Counselors in various facets to provide opportunities for Junior Counselors to gain experience. Registrations are limited to 20 Junior Counselors per session.

Program fee: **\$160 per two week session**
\$75 per additional weeks (additional weeks are by invitation only based on their participation in the first 2 week session)

Sessions: Please see session dates under Activity Center

POOL MEMBERSHIPS

The Pine Knoll Recreation Area offers both family and individual pool memberships. This allows for the use of the pool and other facilities during specific hours. Children under the age of 16 must be supervised by an adult when in the pool area. The pool is open for public use from 3pm—7pm on weekdays and 11am—7pm on weekends.

Hours are subject to change and are weather permitting.

Fee structure:		RESIDENTS ONLY	
Sr. Citizen (individual)	\$45	Sr. Citizen (couple)	\$55
Adults (individual)	\$65	Adults (couple)	\$75
Family (3 or more)	\$95		



SUMMER PROGRAMS

Pine Knoll Recreation Area

Best of Mad Science Remix - Age 4-6

August 17 - 21 9:00AM — 12:00PM

There's something for every junior scientist in this "Best of Mad Science" medley made up of some of our most popular topics from all branches of science. This series provides a great chance for kids to explore which areas of science they like most. With up to 10 different fun topics covered and take-homes, there is enough packed in to Remix to keep our science fans well engaged in Mad Science-style fun and edu-tainment!

Fee: \$165

NASA Academy for Space Explorers - Ages 6-12

August 17 - 22 12:30PM — 3:30PM

Experience this program co-designed by NASA and Mad Science! From our Earth's atmosphere to the outer reaches of our solar system, this hands-on program for children ages 6-12 sends them on a quest for exploration! Comets, planets, stars, meteors and more are all waiting to be discovered, and each series Secret Agent includes rocket-building and launch!

Fee: \$165

Full Day Option - Remix + NASA Academy

Fee: \$315

Community Youth Theater

September 10 to January 7 Registration: \$300

Do you live with a performer? Singers, Dancers, Actors—Come One, Come All!

Don't miss the chance for your thespian to perform in Amy Kimball Theater (AKT) production of "Into the Woods, JR" or "High School Musical, JR." Auditions are required to cast effectively but everyone plays a part. While the focus is on the production, participants enjoy and enhance their skills through fun vocal warm ups, theater games, and improvisation. This program runs Thursdays at the Pleasant View Building, 328 North Main St., East Longmeadow, from 4:30-6:30pm. For more information, please visit or contact the East Longmeadow Recreation Department.

YOUTH CHEERLEADING

Early Registration: April 27 to June 7 | Registration: June 8 to June 28 Grades 3—8

The Youth Cheerleading program begins practice in August on Tu/Th. Beginning September, the teams will add practice on Saturday morning in preparation for the fall football games and Cheerleading Exhibition in October.

Participants will also attend youth football games on Sundays. High School cheerleaders are encouraged to volunteer their time to work with the program to cover their volunteer hours for graduation.

There are additional costs associated with uniforms and team gear necessary for competition.

Cost can be up to \$250/participant

Early Registration fee (4/27-6/7): \$60

Registration fee (6/8-6/28): \$80

TENNIS PROGRAMS

ELHS Booster Club Doubles Tournament Price: \$20 / player

May 30, 9 am – 1 pm

For more information or to register for the Booster Club Fundraiser, email eastlongmeadowtennis@gmail.com

Junior Tennis Camp

Price: \$119/player/week

Weeks of June 22, June 29, July 6, July 13, July 20, July 27, August 10, August 17

Ages 3.5 – 5.5: 9 am – 10 am (\$55 / player / week) | **Ages 5.5 – 14:** 9 am – 12 pm (\$109 / player / week)

Beginner / Intermediate High School Program 9-12 – weeks of June 22, July 20 (offered in addition to regular program)

USTA Adult League Tennis

Price: USTA membership \$45 / 1 year, plus team registration fee \$18

Join the USTA Park & Rec Combo league! Adult male or female teams will play matches at various locations throughout the Pioneer Valley. This league is for beginner to intermediate level players. Matches are played on Monday nights May – August. Home matches to be played on the East Longmeadow High School courts. Register your team with the East Longmeadow Recreation Department—FREE for residents and only \$15 for non-residents.

Adult Beginner Lessons

Price: \$68 (4 weeks); \$104 (8 weeks),

Beginning June 2, Tuesdays 6:15 – 7:45 pm

Join our group for exercise and fun! Designed for beginners and those returning to the game after a long layoff.

East Longmeadow Town Socials

Price: \$10 per night, or \$35 for all 5 in advance

Thursdays May 28, June 25, July 23, August 20, Sept 20. 6:00 – 8:00 pm

Organized round robin play for adults and high school students

USTA Junior Team Tennis (mid-June to mid-August) – Coming soon - check eltennis.org for updates and more info.

NEW FOR 2015!

SWIM LESSONS

Registration: \$50 / session

Session 1

Monday/Wednesday July 1st - July 29th

Tuesday/Thursday July 2nd – July 30th

Session 2

Monday/Wednesday Aug 3rd - Aug 31

Tuesday/Thursday Aug. 4th – Aug. 27th

3:00-3:45 Mini Marlins/Orcas

3:45-4:30 Orcas/Swordfish

4:30-5:00 Tigerfish/Minnows

5:00-5:30 Minnows/Guppies



Group Descriptions (Groups of 10)

Guppies: (Beginner 3-5 Year olds) Basic safety, strengthening, and comfort in the water.

Minnows: (Age 5+ Beginners) Safety, strengthening, Jumping, introduction to stroke technique

Manta Rays (WSI's Discretion) Floating, stroke technique, Basic lifeguard techniques, Diving

Orcas: (WSI's Discretion) Rolling, Rhythmic breathing, survival techniques, lifeguard techniques

Swordfish: (WSI's Discretion) Butterfly/Breaststroke kick and technique, Standing/race diving

Mini Marlins: (WSI's Discretion) Advanced lifeguard techniques, Butterfly/Breaststroke full stroke, race starts.

- ♦ All group times are subject to change at a need basis
- ♦ All groups higher than Manta rays will participate in an initial skills assessment to be placed. Swimmers may not pass on their first try.
- ♦ Children must be toilet trained (no swim diapers)
- ♦ All equipment will be provided except goggles (no face masks), suit, and a towel.
- ♦ Swimmers must be changed and ready on deck 10 to 15 min. early to ease transition.
- ♦ Late pickup discounts will be applied. (Pine Knoll Camp)

Private Lessons

Private Lessons will be available. Please contact Bradford Mills (860-707-3868) or the Recreation Department (413-525-5437)

PIONEER VALLEY SOCCER



Early Registration: April 6, 2015 to May 17, 2015.

Registration: May 18, 2015 to June 3, 2015.



				Early Reg. fee (4/6-5/17)	Fee (5/18-6/3)
U/9	Born after 8/1/2006	Boys	Girls	\$100	\$120
U/10	Born after 8/1/2005	Boys	Girls	\$100	\$120
U/11	Born after 8/1/2004	Boys	Girls	\$100	\$120
U/12	Born after 8/1/2003	Boys	Girls	\$100	\$120
U/13	Born after 8/1/2002	Boys	Girls	\$100	\$120
U/14	Born after 8/1/2001	Boys	Girls	\$100	\$120

Please note: Players who register 6/23/15 or later may not have a spot on a team. Late registrants, or those who do not attend evaluations, will be placed on a waiting list.

A full uniform is provided to all players (jersey, shorts, and socks.) Uniform will be used for fall 2015 and spring 2016 seasons. Please provide sizes at registration. **PIONEER VALLEY PLAYERS MUST HAVE ONE (1) CURRENT PICTURE, BIRTH CERTIFICATE, and COMPLETED MYSA FORM AT THE TIME OF REGISTRATION.**

Evaluations will be held at Meadowbrook School on June 6, 2015. The times of evaluations will be posted online on our Recreation Portal (<https://elrec.recdesk.com/>)

Evaluation Guidelines

1. One parent must be present at the evaluations (if not previously registered through the Rec. Dept.)
2. No Pioneer Valley uniforms are to be worn
3. Players must bring shin guards, soccer ball, and a water bottle
4. All rosters will be posted at the E.L. Rec. Department
5. Please consider registering online at <https://elrec.recdesk.com/>

All evaluation postings are considered final. Parents will not be allowed to move their child from one roster to another.

RECREATION SOCCER



Early Registration: June 8, 2015 to August 2, 2015.

Registration: August 3, 2015 to August 23, 2015.

Those registering after August 23, 2015 will be placed on the waiting list.

PROGRAM FEE:

Early Registration (6/8—8/2/15):

Little Kickers: **\$35**

K-8: **\$55**

Registration (8/3/15 or later):

Little Kickers: **\$55**

K-8: **\$75**

The East Longmeadow Recreation soccer program is perfect for players of all ability levels! Our Little Kickers program takes place every Sunday afternoon between 12-5pm at the Pine Knoll Soccer Fields. For Kindergarten through 8th grade, teams will have one practice a week and one game on the weekend. Coaches will contact families 2nd/3rd week of Sept.

Program based on the participant's grade in the **Fall of 2015:**

Little Kickers (Ages 2.5 - 6) CO-ED (All players must be toilet trained)

Grades 1 & 2

Boys/Girls

Grades 6, 7, and 8

Boys/Girls*

Kindergarten

Grades 3, 4, and 5

CO-ED

Boys/Girls*

*Boys and Girls will merge if enrollment is insufficient.

Uniform information: Fall 2015 Players – Soccer specific shirt, shorts, socks

FOOTBALL

SUBURBAN

The East Longmeadow Recreation Department is offering a football program for children grades 3 - 8 (per 2015-16 school year) from August to mid-November. Residency in East Longmeadow is required by the league.

Early Registration: June 1 - July 12 | Registration: July 13 to July 26

**PEE WEE - 3rd/4th Grade JUNIOR - 5th/6th Grade
SENIOR - 7th/8th Grade**

Early Registration: \$95 Registration: \$115

Registrations after July 26th will be placed on a waiting list.

Requirements: A parent's signature, and the player's birth certificate are required at the time of registration. Additional registration information is required by the league, including; the completion of a Suburban Football League form (available at the Recreation Department) and participation in the league weigh-in.

Games: Varsity team games begin in September on Sunday afternoons. The Junior (JV) team will have games scheduled on Saturday mornings (schedule is set by the Suburban Football League.)



Grades 1st & 2nd

Early Registration (June 1 - August 30): \$50

Program fee (Aug. 31 or later): \$70

The NFL Play 60 program is designed to introduce young players to the game of football with on-field support and instruction from coaches. This is a non-tackling program, instead the flag football version will be offered.

Players will learn the various roles on a football team and how they must work together for success, all while maintaining a fun and enjoyable atmosphere! Begins in early September and will last for approximately six weeks.

Once your player is registered with ELRD, please register him/her at www.nflflag.com/form/player

FIELD HOCKEY

Early Registration: May 4, 2015 to July 26, 2015

Registration: July 27, 2015 to August 23, 2015

Players registered after August 23 will be placed on a wait list and will be placed in division as space allows.

2nd, 3rd and 4th GRADE INSTRUCTIONAL PROGRAM (LIMIT OF 20 PARTICIPANTS)

This program will introduce players to the basic skills needed to play field hockey. Players need cleats, mouth guard, and shin guards. Sticks and goggles are also required, but can be rented through the Rec. Dept. There will be one practice a week and one game on weekends. There will also be one jamboree.

Early Registration fee: \$45.00

Program fee (July 27 or later): \$65.00

5th and 6th GRADE PROGRAM (LIMIT OF 20 PARTICIPANTS)

This is a developmental, inter-town league program that will cover the basic concepts of the game of field hockey. Basic skills, field positions, and rules of the game will be covered. There will be about 12-15 games and one jamboree during the season. Players need cleats, mouth guard, shin guards, protective eyewear and an appropriately sized stick. Practices are held Tuesday, Thursday, and Sunday during the months of September and October.

Early Registration fee: \$65.00

Program fee (July 27 or later): \$85.00

7th and 8th GRADE PROGRAM (LIMIT OF 20 PARTICIPANTS)

This is a more advanced developmental, inter town league program that will review the basic skills, rules of the game and field positions and prepare the youth for a higher level of play. There will be about 12 -15 games and three jamborees during the season. Players need cleats, mouth guard, shin guards, protective eyewear and an appropriately sized stick. Practices are held Tuesday, Thursday, and Sunday during the months of September and October.

Early Registration fee: \$70.00

Program fee (July 27 or later): \$90.00

EAST LONGMEADOW RECREATION



ONLY \$6 PER TICKET!

June 20, 2015 is East Longmeadow Day at the Valley Blue Sox!

2014-15 WINTER BASKETBALL CHAMPIONS!



E.L. RECREATION ONLINE PORTAL: <https://elrec.recdesk.com/recdeskportal/>